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YOU'RE IN GOOD COMPANY



MILLIONS OF AMERICANS
USE **USDA FOOD STAMPS**

PA-922 (R)
Food and Nutrition Service
U.S. Department of Agriculture

YOU JOINED THE FOOD STAMP PROGRAM BECAUSE



- You care about your family.
- You are a smart shopper.
- You know a bargain when you see it.

FOOD STAMPS ARE FOOD MONEY



—take care of them.

- Count your food stamp books when you get them.
- Sign your books right after you get them. Then if you lose one, you have a better chance to get it back. If you lose a book, tell the food stamp people.
- Don't tear your stamps out before you go to the store. Your grocer can't take loose \$2 stamps. Do tear the stamps out of the book when you get to the checkout counter at the store. Don't tear out more than you need.

YOU DECIDE

- When you spend them.
- Where you spend them.
- What foods your family needs most.



STAMPS ARE FOR FOOD.



- Stamps are for food you can eat or drink. Pet food, soap, cigarettes, alcohol, and paper goods must be bought with cash.
- Foods that are marked that they came from another country may not be bought with food stamps.
- Bananas, tea, coffee and cocoa may be bought with food stamps.
- You cannot sell, give away, or pay back old food bills with food stamps.

ASK YOUR GROCER

if you are not sure what you can buy with stamps.

When you are ready to pay

- Tell him if you are going to pay with stamps.
- Separate the foods that you will pay for with stamps from the other items that you will pay for in cash. This will speed up your time at the checkout counter.





MAKING CHANGE

is easy once you see how it works.

- You won't get cash in change. You may get 50¢ food stamps, or the grocer may give you a due bill showing how much he owes you (up to 49¢).
- You can spend the due bill the next time you shop in that store. If you do not want a store due bill, you can pay the difference of your food bill in cash.
- Be prepared to show the grocer your food stamp identification card if he asks to see it. Any member of your family – or a friend – can shop with your food stamps if you give them your signed ID card.

BUY STAMPS REGULARLY

- They help you buy the right kind of food.
The right kind of food helps keep your family healthy.



IF THERE IS A CHANGE AT YOUR HOUSE—



- Tell the food stamp people right away. If your family gets bigger, you need more stamps. If someone leaves home, you don't need as many stamps.
- Be sure to report changes – in address, money you get, number living with you, or any special hardships you may have.
- If you get mail or notices from the food stamp people take care of them right away, so you'll be sure to get your food stamps on time.

SHOP SMART, COOK SMART,

Here's how.

- Don't spend all your stamps at once. Make sure there are some left for the last week.
- Watch for sales. They can help you save money.
- Watch for lower prices on the same kind of food. Often the cheapest is just as good as the higher cost food.
- Write down the food you need to buy — so you don't forget something important.
- Try new foods. It makes eating more fun. Sometimes you can save money too.



EAT SMART.

- Remember that your family needs to eat the right foods to grow strong and healthy. Plan meals so they will get some of each of these kinds of food every day:
 - Fresh, canned, or dry milk, cheese, and ice cream.
 - Meat, fish, chicken, turkey, eggs, and dry beans.
 - Vegetables and fruits.
 - Whole grain or enriched bread and cereal.





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